

FIVE ELEMENT GUIDE



Your Water Guide

The Philosopher

Simple, everyday ways to support your Water element: your strengths, what to watch out for, and positive habits to try.



ALIGNED IN HEALTH

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WELCOME

Hello, Water

Thank you for taking my Five Element quiz. In Chinese medicine, we all have Wood, Fire, Earth, Metal and Water in us. Your answers suggest that **Water** shines brightest in you right now.

Deep, determined and wise. Still waters run deep, and you have reserves others never see.

Your element isn't a box to put you in. It's a lens for noticing what helps you feel your best. In this guide you'll find your strengths, the things to watch out for, simple habits to try and a 7-day Water reset. Take what feels right, and leave the rest.

Warmly, Ali

Water at a glance

SEASON	Winter	COLOUR	Blue and black
YOUR HOURS	3pm to 7pm	FLAVOUR	Salty
EMOTION	Fear	ORGANS	Kidneys and Bladder
CLIMATE	Cold	SENSE	Ears
SOUND	Groaning	BODY	Bones

YOUR STRENGTHS

What Water brings



Determination

You have real staying power.



Depth

You have a wise, curious and creative mind.



Courage

You face hard things, often quietly.



Resourcefulness

You find a way through.



Calm

You're steady in a crisis.

THINGS TO WATCH OUT FOR

When Water needs some care

Every element has its wobbles. When Water is out of balance, you might notice:

- ☐ Running on empty and pushing through
- ☐ Fear, or worrying about the future
- ☐ Feeling the cold, especially in your lower back and feet
- ☐ Exhaustion after long, busy spells
- ☐ Finding it hard to rest without feeling guilty
- ☐ Withdrawing from people when things get hard

These are gentle signs to slow down and look after yourself, not something to worry about. The next page has simple ideas to help.

Supporting your Water

Small, steady changes make the biggest difference. Pick one or two that appeal, and build from there.

Daily rhythm

Pace yourself. Balance busy days with lighter ones, and build in recovery time after big efforts.

Food and flavours

Choose warming, nourishing food: soups, stews, broths, beans (especially black and kidney beans), fish, walnuts, seaweed and dark leafy greens. Drink enough water. Go easy on lots of coffee, very salty processed food and iced drinks.

Movement

Gentle, flowing movement suits Water: swimming, yin yoga, tai chi, qigong or walking. Stop before you're exhausted.

Rest and sleep

In Chinese medicine, Water's hours are 3pm to 7pm. Notice the afternoon dip and take a short break. In winter, go to bed earlier.

Emotional balance

Fear can be a wise guide, asking you to look after yourself. Courage grows when you feel rested and supported, so talk worries through with someone you trust.

Your season: winter

Nature's time for rest and restoring reserves. Slow down, stay warm and turn inwards.

TRY IT THIS WEEK

Your 7-day Water reset

One small thing a day. Tick each one off as you go.

DAY 1

Go to bed 30 minutes earlier

☐

DAY 2

Warm socks on, lower back covered

☐

DAY 3

Make a warming soup or stew

☐

DAY 4

Take a ten-minute pause at 4pm

☐

DAY 5

Try a gentle swim, or a yin yoga or tai chi video

☐

DAY 6

Swap one coffee for a warm herbal tea

☐

DAY 7

Spend an hour doing nothing at all, with no guilt

☐

Journal prompts

Where am I running on empty?

What would I do if I weren't afraid?

What helps me feel safe and supported?

How can I rest more this week?

WANT TO GO DEEPER?

How I can help

Find out your element for real

The quiz is just for fun. In a Five Element acupuncture appointment, I take time to understand you: how you're feeling, your health history and what you'd like help with. I also notice the colour in your face, the tone of your voice and your pulse, to see how all five elements are working together for you.

Then I choose points to support you as a whole person. Many people find treatment deeply relaxing. After your first appointment, you'll receive a written summary and your own treatment plan.

[Book your first appointment](#)

[Book a free 15-minute chat](#)

Three clinics near you

Wallingford

3 Castle Street, OX10 8DL

Woodley

3 Way Physiotherapy
11 Headley Road, RG5 4JB

Reading

College of Integrated Chinese
Medicine
19 Castle Street, RG1 7SB
Friday afternoons only



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Ali Watkinson is a member of the British Acupuncture Council. This guide offers general wellbeing ideas from Chinese medicine. It is not medical advice and not a diagnosis. Please see your GP about any new or worsening symptoms, and check with your GP or midwife before making big changes to your diet or exercise if you have a health condition or are pregnant.